



Robbie's a Mex maniac

ROBBIE WILLIAMS wowed 'em down Mexico way as The Man appeared at the famed Gala of Ove Awards festival. His Latin fans went wild in Mexico City as

he gave them El! With a bolero jacket and low slung jeans Robbie, 31, certainly knows how to spice up the night as he ran through his rip-it-up repertoire.

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TOP 10 REQUESTS

STAR10 PUSH THE BUTTOM by the Sugababes
STAR11 DON T IN T HE WOODS W/ ME by Robbie Williams
STAR12 DON T CRA by Posty Cat Dolls
STAR13 RING UP by Madonna
STAR14 NO WORRIES by Simon Webbe
STAR15 DON T LEAVE YOU KNOW MORE by Craig David
STAR16 YOU RAISE ME UP by Westlife
STAR17 ANNA AND THE ARK by Anna and the Ark
STAR18 I VE BEEN BURNIN by Sean Paul
STAR19 QUOTE OF THE DAY

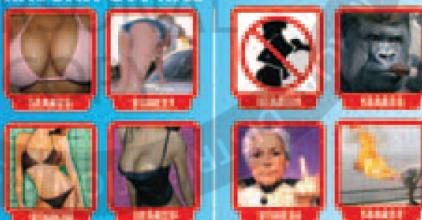
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6 It's so wrong to make us work till we're 67 9

Making hard working people work till 67 is outrageous! The young need their jobs or will be on dole which is less than £45. Over 65 and you've paid your dues. **Anon**

I've been locked in a cupboard since 1986. Get me out and I'll fix teen hooligans who terrorise teachers. anyone 4 a sore bottom? **Cane**

In the 60s our history teacher used 2 put us across his knee and smack our bottoms if we misbehaved. **Angie**

These sick criminals and drug dealers have nothing to fear. Bring back corporal punishment. Crime is not acceptable. Y should we suffer? **MARTIN**

why all the fuss about carol thatcher urinating in the jungle? her mother took the p*** out of the working class for years. **scutch, cleton moor, cumbria**

Are a few of your readers bnp supporters? lots of forum texts show no insight into the real life tragedies faced by asylum seekers. **rob**

Just Jane should lay off that lad who loves his fish fingers. I find them very nutritious and excellent in a sandwich. **Another fussy eater, Redcar**

T4 Poll was a joke. Mcfly wud win best black female if their 8 yr old fans cud vote. Pathetic and unfair on better acts like Sugababes and record breaking Girls Aloud. **Jak**

Why doesn't the queen award Sharon Beshenivsky the Victoria Cross? a fitting tribute 2 a woman who gave her life protecting the public. **Robert**

2 voice of the people re bring back hanging. I guess u think the police r mor important than the ordinary people who have bin killed. **DTK**

if you get death penalty for killing a copper what happens if you kill a child or a civilian? is ok if you only get life imprisonment? **tray**

IF SOMALIANS ACCUSED OF SHOOTING WPCs R HERE ILLEGALLY, IM KEEN 2C BLAIRS XCUSES 4 LETTIN MORE IN. **ANDY**

how sad - it takes the death of a wpc 2 stop our police force being toothless tigers. We're behind the cops all the way on this. **roundhead**

HANG ALL POLICE KILLERS. REMEMBER THAT IS WOT THEY SED ABOUT DEREK BENTLEY. HE WOZ INNOCENT. **SUNDANCE**

No sympathy 4 George Best. That poor policewoman died trying 2 protect the public. Best has thrown his life away cos he's a drunken bum! **Vic**

hope gary glitters nxt hit is the fir

leing squad...the fat perv! **rob, cheadle**

nuclear weapons, terrorists, famine, aids, rising fuel prices, global warming, wars and racial tension, yet some tosspot called chico says "don't take life so seriously". **HAMBONE**

leave chico alone. he's a multi-talented sex god, it's always CHIO TIME where i am! **KAISER IN LOCHGELLY**

RE GARETH BEIN A CHRISTIAN, DONT YOU BELIEVE IN FORGIVENESS? ALL RELIGION CAUSES DEATH. WORSHIP ONE TRUE GOD - MOTHER NATURE **SMOKEY**

so what if posh spice had a boob job? She's still the sexiest bird in the world. **bob**

Is coronation street turning into eastenders? Dump the deadwood now! **r**

Lets hope pc lot do ban xmas. It will save me a fortune. **MAC**

wilko, u r spot on mate, michael jackson LEGEND!! his music pure magic. **DirtyDiana**

I am shocked at the poor state of driving in this country. Only this morning i passed dozens of motorists doing in excess of 70 in dense fog. **wordsmith**

PUBLIC ENEMY BEST HIP HOP GROUP EVER BRINGING BACK THE REAL RAP! **Jason**

I wear my wife's sizzles for work under my jeans. They're warmer than long johns and feel great! **jukebox johnny jones, Widnes**

PICS
APPEAL

WE want YOU to star in our Forum page. Send us mobile pics of you with your mates or any stars you meet. Just text DAILYSTAR and send your photos and details of the pics - who, where, when, etc. - to 07843 500911. Messages cost £1 plus usual network charges.



Sharnelle Spiteri of Texas with Annie and Paula. She was doing a video at club in Farnworth for Children In Need with Peter Kay, but he didn't want his photo taken! **Mik Green**

Douglas is a turkey, Zeta

Cath zeta jones hates turkeys cos they're ugly, flabby, grey n wrinkled. So what was it exactly that she saw in millionaire actor michael douglas? **dnb**

MARK, IS THERE A RUGBY CLUB IN RUGBY? **steve**

stop moanin bout foreign workers! Most better than lazy cowboy brits! Rather pay some 1 who wants to work! **Cp london**

its mad. my drivers licence

has more points on it

than sunderland have got in the prem. **morla from the toon**

any 1 remember name of guy who played nibs in trainspotting? Was it jonny hill? **gabe, st helens**

Can anyone help me please? There is a tribute song for Eddie Guerrero who died. I want to know who sings it. I like it so much. **Eileen Clark**

D STAR DUN IT AGAIN. **LIKE 2 SAY WELL DUN**

ON FINDIN PAGE 3 NEW GIRL SAM, WOT CAN I SAY? WOW! **RICKY, GLASGOW**

kate lawler fab body. shame bout the face, coz face more important than figure. does any1 else agree? **jay**

Pete, i agree that it not rite but why didnt u stick it at skool and get a decent job wi decent money? **FISH**

great 2 see pic of gorgeous Corrie babe Debra Stephenson out on town. She is well sexy. **AI**

FOR legal reasons, we are unable to respond to text messages. If you have a query that needs a reply, write to: Daily Star, 10 Lower Thames St, London EC3R 6EN.



● WE pay £5 for jokes printed (not texts). Write to: You're Havin' A Laugh, Daily Star, 10 Lower Thames Street, London EC3R 6EN

POLICE say a Birds Eye lorry has spilled its load all over the M1. They are warning motorists the mind their peas and queues. **H. EVANS, Liverpool.**

A PAPER bag goes to see his doctor and says he's been feeling a bit off colour.

After doing loads of tests, the doctor breaks the bad news: "I'm afraid you have a sexually transmitted disease."

The paper bag says: "But that's not possible. I've never had sex in my life."

The doctor says: "Your mother must have been a carrier."

H. MAXWELL, Bridport, Dorset.

A MAN is walking along a riverbank when he sees a dizzy blonde slip into the water. He drags her out and, while giving her the kiss of life, is amazed to see a fish pop out of her mouth. He says: "What's a nice place like you doing in a girl like this?"

MARY GRANT, Glasgow.

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FOR crying out loud, don't blame us Muslims for the crazy blight of political correctness.

Much of this idiocy from local councils and schools seems to be enforced by people who would otherwise have no work to do at all.

Mrs S. MUHAMMAD, Leeds.

AFTER reading about all the money and other perks our MPs rake in thanks to their jobs on the side (Daily Star, November 17), they've got a colossal cheek to suggest that people on incapacity benefit are living the life of luxury. They're the ones with their snouts in the trough.

P. MOSS, Chichestor, W. Sussex.

HOW come we only seem to be getting 20 minutes per episode of Coronation Street and Emmerdale instead of the half-hour these shows should be?

I guess with Christmas coming, ITV feel obliged to pack in even more adverts than usual. But we viewers are being cheated.

E. ALEXANDER, West Malling, Kent.



Bullying by phone

SCHOOL bullies are using mobile phones to torment their victims.

Eight out of 10 teachers have been approached by a child over the problem, says a study by the children's charity NCH.

A spokesman said: "It can be easier to intimidate someone by phone than in person."

Blitz by burglars

A SCHOOL plagued by burglaries is forking out £900 a week on guards, but is still being robbed.

Minders were hired to patrol Haverley Hey primary in Wythenshawe, Manchester, after thieves broke in 30 times.

But despite guards patrolling every weeknight and 24 hours at weekends, the building has been raided three more times.

Girl faces stab rap

A 14-YEAR-OLD girl was remanded on bail for eight weeks yesterday when she appeared before a court charged with stabbing a fellow pupil in the eye with a pair of scissors.

The defendant, who can't be named, was charged at Guildford Crown Court with inflicting grievous bodily harm with intent.



THEY'RE the hottest gunslingers in the Wild West.

Latino lovelies Penelope Cruz, 31, left, and Salma Hayek, 39, line up as a gorgeous bank-robbing duo in new comedy movie *Banditas*.

It tells the story of two beautiful women, one rich and the other poor, who join forces to cause havoc in turn-of-the-century Mexico. The film is due out early next year.

Ethel Austin

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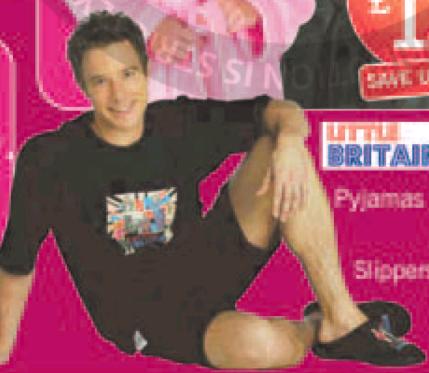
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PROVIDENT

I THOUGHT THE GIRLS WERE 20!

Glitter's claim on sex rap

GARY GLITTER has denied child sex allegations – claiming he believed a girl of 12 was in her twenties. Singer Glitter, 61, is being quizzed over abuse claims from up to five girls in Vietnam. But the former glam rocker

■ by NADINE LINGE

insists he was teaching them to speak English and they all told him they were over 20.

If charged and found guilty Glitter faces execution by firing squad or life behind bars.

The country's Thanh

Nien newspaper reported Glitter, real name Paul Gadd, as saying: "When they met me they all told me they were older than 20."

The fallen idol also moaned to police about the trouble his stage name attracts.

He said: "I hate the name Gary Glitter because it brings all this attention to me."

He was arrested on Saturday at Ho Chi Minh City airport in Vietnam as he tried to jet to Thai capital Bangkok.

The 12-year-old told police Glitter had paid her just £5.50 for sex, classified as rape under Vietnamese law regardless of the child's "consent".

Officers have also spoken to



SEX And The City beauty Kim Cattrall went ape for a stunt on telly in the US. She appeared with a monkey head in New York for a sketch on 47-year-old Ellen DeGeneres' show. Kim, 49, was driven around the Big Apple in a carriage with the remote-controlled head on her lap.



QUIZZED: Gary Glitter

a 15-year-old girl who was said to have been living at his house as his "wife" and have identified up to three other girls who said they had sex with Glitter.

Police yesterday confirmed Glitter will be held for three more days of questioning.

He has demanded a British lawyer after snubbing a list of Vietnamese briefs supplied by the British Consulate.

The maximum sentence for sex with children there is execution by a firing squad.

nadine.linge@dailystar.co.uk

Thanks culotte

FASHIONABLE culottes have helped Marks & Spencer trouser-wearing sales figures this year.

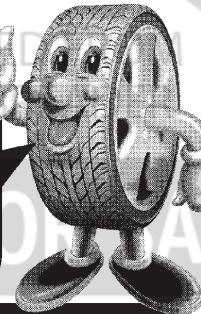
The newly-trendy garments have been flying off shelves after enjoying a fashion boom that's set to continue into the New Year.

And M&S' range of knee-length trousers – also called city shorts – has boosted profits to a better-than-expected £308m in the past half year.

They're worn by British model Erin O'Connor, 26, in the firm's telly advertising.

Business news: Page 39

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165TR13	£35	185/65TR14	£45	155/70TR13	£35	185/60HR14	£45
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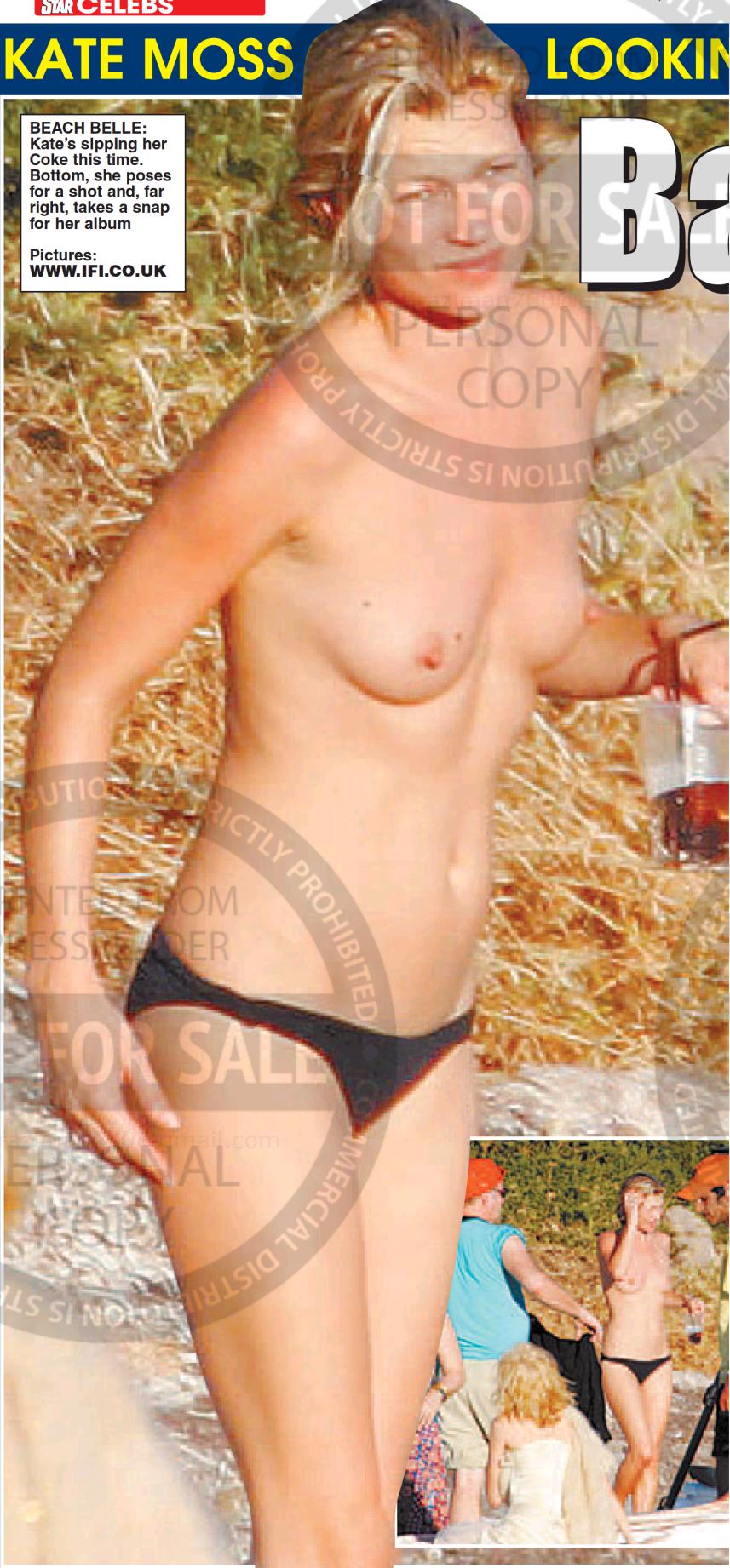
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KATE MOSS

BEACH BELLE:
Kate's sipping her Coke this time. Bottom, she poses for a shot and, far right, takes a snap for her album

Pictures:
WWW.IFI.CO.UK



ALL NEW DIET & FITNESS

Edited by SAM PARKER

OUR ONE-FOR-THE-ROAD TEST FOR THREE GIRLS ON THE TOWN

TOMORROW a nation of boozers will be saying "cheers" to 24-hour drinking. New licensing laws will bring an end to the traditional 11pm closing time in thousands of pubs and clubs.

But while the move has been welcomed by party-goers, others believe all-night opening will increase violence and drink driving.

So how much booze does it take to be over the limit? And how safe are you behind the wheel the morning after? **KATE JACKSON** checked out three girls on a night on the tiles, testing their blood/alcohol levels during the evening and the following morning. The results are sobering...

How we tested them

WE used a disposable breathalyser called AlcoLimit, which can tell you within two minutes if you're over the limit.

The girls, Sophie, Emma and Miriam, drank large glasses of wine (two units) as well as smaller glasses of champagne (one unit) and cocktails (one unit).

They were given different instructions. Sophie was allowed to drink as much as she liked, Emma was told to eat during her session and Miriam had to have a glass of water between every drink.

Each were tested during the night and at 9.30am the following day.

To use AlcoLimit squeeze the middle of the plastic tube to break the yellow crystals inside. Take a deep breath and blow into the tube, in one continuous breath, for 12 seconds. Shake the tester to distribute the crystals and hold in a horizontal position. If the majority of the crystals turn blue/green, your blood alcohol level is above 80mg/100ml and you are not safe to drive.



CHEERS TO US: Sophie, Emma and Miriam had a great time on their night out, but how much did they drink and how were they in the morning?

Booze WHO?

Sophie's Diary

SOPHIE BROWN, 30, author and marketing executive from Cambridge

6.30pm: 1 250ml glass white wine – 2 units
6.45pm: white wine – 2 units
7pm: small glass white wine – 1 unit
7.15pm: champagne – 1 unit
7.30pm: 1 F&B cocktail – 1 unit
8.22pm: champagne – 1 unit
9pm: champagne – 1 unit
9.30pm: champagne – 1 unit
9.50pm: champagne – 1 unit
10pm: sambucca shot – 1 unit
10.50pm: champagne – 1 unit
11.10pm: white wine – 2 units

TOTAL: 15 units in 5 hours

SOPHIE SAYS: "I can't believe how quickly the units add up. I'm not surprised I was way over the limit that night, but I did an AlcoLimit breath test at 9am and I was still over the limit so I had to get the train to work. I was still over the limit well into mid-morning, which is frightening. I had never thought about how long it takes alcohol to work its way out of your system. It's quite shocking and makes you wonder how many people actually drink midweek then drive to work over the limit the morning after."

Emma's Diary

EMMA VITTY, 27, a PR manager from Staffordshire.

6pm: 1 250ml glass white wine – 2 units
6.45pm: white wine – 2 units
7pm: Coca Cola
Bar food consumed – chips and tapas
7.15pm: champagne – 1 unit
8pm: white wine – 2 units
9pm: champagne – 1 unit
11pm: white wine – 2 units

TOTAL: 10 units in 5.5 hours

EMMA SAYS: "I'm glad I had some food in between or I would have felt really unwell the next day. I did an AlcoLimit after my second glass of wine and was already over the limit, which is why I had some food. I was surprised how quickly I became over the limit – it's those massive wine glasses. Unsurprisingly, I was over the limit at 6am the following day, but OK a couple of hours later."

Miriam's Diary

MIRIAM KARSTEN, 24, a personal assistant from London.

6pm: 1 250ml glass white wine – 2 units
6.30pm: glass water
6.35pm: white wine – 2 units
7.30pm: 1 cocktail – 1 unit
8pm: glass of water
9pm: champagne – 1 unit
9.15pm: glass of water
9.30pm: champagne – 1 unit
10pm: glass water
10.30pm: wine – 2 units
11pm: glass of water

TOTAL: 9 units in 5.5 hours

MIRIAM SAYS: "I generally need to take quite a bit of water or I can't hold my drink! I was over the limit before I had a cocktail which I thought might be the case as each glass is about half a bottle! I paced myself and tested OK after a big breakfast. I'll make sure I don't drive the morning after a big night – the change in drink measures are lethal."

GET DRIVEN TO DRINK...

CHRISTMAS is one of the worst times of year for drinking and driving.

About 3,000 people are killed or seriously injured on the roads every year because of drunk drivers.

The law states you are unsafe to be driving if your blood/alcohol level is above 80mg/100ml.

But according to the Portman Group, which promotes responsible drinking, there is no use guessing when you'll be over the limit.

A spokeswoman says: "Don't drink at all if you're going to drive. There are so many factors to take into consideration – if you're on medication, if you've had something to eat, if you're a man or a woman, what you weigh."

"If you're going to drive, stick to soft drinks or nominate a driver to take you home. Always ensure you've got enough money to get a taxi back."

• AlcoLimit is available in single packs, at £3.99 each, packs of three, at £9.99, and packs of five, at £15.99, from www.alcolimit.co.uk or call 08707 20 20 21 for stockists.



INSIDE: Get the Perfect Pout **PLUS:** Lunchbox diet secrets

NEW DIET & FITNESS

HOW YOU CAN GET THE POUT IN TIME

KITCHEN SHRINK • Chocolate

CHOCOLATE may be a dieter's worst enemy but if you choose the right bar you can cut the calories and improve your health.

Here we put some high-street brands under the spotlight to find out which ones are just as good for you as they taste.



BAD

CADBURY'S DAIRY MILK

Size: 100g
Calories: 532
Fat: 28g
Protein: 7.8g
Carbs: 60g (20%)

It's been around for 100 years and is the nation's favourite chocolate but while it tastes like nectar Dairy Milk is also 43% fat. So keep it in the fridge and restrict yourself to the occasional nibble if you want to count the calories.

OK

GREEN & BLACK'S 70% DARK BAR

Size: 100g
Calories: 576
Fat: 40.5g
Protein: 7.5g
Carbs: 45.5g

Its nutritional figures are similar to Dairy Milk, but Green & Black's is made from 99.5% organic ingredients and is 70% cocoa solids – which means more antioxidants to help combat ageing, hormonal problems and heart disease. It's also fair trade, so more of the profits go to the farmers.

GOOD

SLIMFAST CHOCOLATE BAR

Size: 100g
Calories: 274
Fat: 9.0g
Protein: 20.6g
Carbs: 35.3g

Less than a third of the fat and around half of the calories of its rivals – it's also got vastly more protein. But does it taste as good?

Merry

hafizman700@gmail.com

By SAM PARKER

THE Christmas party season is about to burst into full swing – and there'll be plenty of mistletoe about!

Which means there's never been a better time to be the proud possessor of a perfect pout.

As the pillow lips of many a celebrity prove, it seems big is beautiful when it comes to the mouth department.

In fact, on planet showbiz a gorgeous gob is seemingly a must-have these days. The likes of Angelina Jolie, 30, and Billie Piper, 23, are among a host of bee-stung beauties who have firmly relegated rosebud lips to yesteryear.

And it's certainly not just a look for the ladies, with a generous north and south doing wonders for the boys as well...

Cricket ace Andrew "Freddie" Flintoff, 27, and Jamie Oliver, 30, were recently chosen as the ideal knights in shining armour but the fact they have juicy kissers won't have harmed their appeal with the ladies!

Of course both these fellas are clearly naturally blessed. But relatively simple cosmetic procedures mean you don't have

to rely on old Mother Nature for that to-die-for mouth.

More than a few famous fillies are rumoured to have had a little help with their pleasingly plump pouts and lip enhancements are now one of the most common cosmetic procedures on both sides of the pond.

There can be a downside, though. The craze for full mouths has also provided the not-so-pleasant phenomenon of the trout pout. These over-pumped-up offerings are usually sported by ladies of a certain age who've ignored the golden rule that you can have too much of a good thing.

Realistic

Instead, you must be realistic about what you can achieve – there's no use going in and demanding to look like Kylie if you bear no resemblance to her in the first place. Ensure you choose your practitioner wisely and a fuller and more defined mouth could be yours.

Frances Furlong, 30, nurse practitioner at London's City Skinklinik, advises: "How different people perceive lips is very individual. What is big to one might not be to another. Before undergoing any treatment a full consultation should take place.

"This is the time when the patient and practitioner can discuss what results they are hoping to achieve and also what will best suit the patient.

"The aim should be for a natural look. Enhanced, yes, but not freakishly out of proportion. We want to make the patient look better, not worse, so keeping the face in correct proportion – taking into consideration all features including cheekbones, eyes and shape – is vitally important.

Worried

"If a patient feels unclear or worried about anything, or that the consultation has been rushed, I would advise they don't go ahead with the treatment. This is your face and you have to live with the results.

"Unfortunately this is an industry that at present is not as strictly monitored as most professionals would like."

Restylane and Perlane, which are also commonly used as "fillers" to help smooth away nose-to-mouth and frown lines, are currently the most commonly used products for lip enhancement, though procedures are constantly evolving.

Both are man-made, so there is no need for a patch test, as with collagen, which comes from cows. They tend to last for six to eight months as the product is gradually absorbed.

It is usually injected with an ultra-fine needle into the Vermillion border (lip outline) for improved definition, the body or fleshy part of the lip for increased volume, or a combination of both.

As well as improving the general appearance of the

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Price includes dispensing fee. Additional exclusions apply, see in store for full details. To find your nearest Boots Opticians, please call 08450 708090 (local rate).

CELEBRITY SURGERY SPY

Nicola Roberts



GIRLS Aloud star Nicola Roberts, 20, has undergone something of a transformation since the band were first formed on ITV show Popstars: The Rivals nearly three years ago.

So much so that rumours now abound that the sexy lass has had a boob job.

So what do our experts reckon...?

EXPERTS' VERDICT

JEANY SAVAGE Daily Star photographer

I think she's definitely had her boobs boosted. It's a small, neat job that fits with her frame but her breasts look too upright and rounded for natural boobs.

She was really quite flat before and now there's a definite curvature – more than would be possible than with, say, a gel-filled bra.

The rest of her transformation is down to getting rid of the ginger in favour of a darker auburn shade, plus lots of hair extensions, fake tan and false eyelashes.

MARY BURNETT director of clinical services at Transform Medical Group, the UK's largest cosmetic surgery group (call 0500 202020 for inquiries)

Nicola's cleavage certainly appears larger in the last photograph but I don't think she has had a breast enlargement – it looks more like clever use of a push-up padded bra and tit-tape.

She is a very slim girl so naturally her breasts probably aren't as large as the photograph implies. If she has had a breast enlargement it looks very natural.

She is still very young so should consider any surgery carefully as she would have to have the implants replaced in about 10 years.

She also seems to have developed a very close relationship with her fake tan. No natural redhead would ever go that shade in the sun!

FOR THE FESTIVE SNOGGING SEASON NEW Diet & Fitness

KISSMAS

HOT

ANTI-SMOKING VACCINE: It's hoped a jab that will double smokers' chances of quitting the dreaded weed will be available within five years. Results from the first long-term trial show two out of five smokers had continued to abstain after a year.

HOMEOPATHIC REMEDIES: Alternative cures have been found to work on 70% of patients. Researchers say the majority of sufferers given homeopathic medications for conditions such as asthma and eczema felt better.

TRIPLE OXYGEN FACIAL: A fave of Madonna and at 47 there's no question the Queen of Pop is looking just marvellous. It uses a vitaminised oxygen spray that leaves your face as plump as a baby's. £185 for 85 minutes; www.blisslondon.co.uk

FALSE EYELASHES: They're a mainstay on planet showbiz for that wide-eyed super glam look, so why not give your peepers a little extra festive sparkle.

WHAT'S IN & WHAT'S OUT

ANDREW TOILET TISSUE: That gorgeous Andrew puppy is in the doghouse after a rival loo paper was ruled softer. Andrew claims theirs is softest but lab tests picked out Asda's own shades.

MAN-MADE FATS: M&S will be the first major retailer to ban them from foods. It follows growing concerns about the substances – hydrogenated vegetable fats, linked with heart disease, narrowing of blood vessels and diabetes.

BIG BOOBES: Young women with a large bra size are more likely to develop breast cancer at an early age, according to new research from Harvard University in the US.

FLU JABS: The Government has told GPs that Britain is running out of flu vaccine because of panic over the virus. The problem stems from more people than ever demanding inoculations – even though the regular jabs give no protection from a pandemic strain of the bird flu disease.

COLD



WHAT A SMACKER:
Give your lips a workout under the festive mistletoe

DON'T FANCY GETTING THE NEEDLE?
HERE'S A FEW INJECTION-FREE
QUICK FIXES FOR LUSCIOUS LIPS

POUT LIP PLUMP, £16, www.pout.co.uk

This peppermint-infused, cooling gloss contains Maxi-Lip™ – a unique ingredient that hydrates the lips, increases collagen and, with repeated use, has been shown to improve lip fullness by up to 10%. Apply Pout Lip Plump at least two to three times daily directly to lips or over a favourite lip colour. Available in original, bubblegum and caramel.

SKIN DOCTORS PERFECT POUT, £19.95, www.skindoctors.co.uk or call 0870 460 5088

This offers fuller lips in 60 seconds or less thanks to new advances in cosmeceuticals that promise to give you a plump

look instantly and without a needle in sight. Perfect Pout also includes powerful moisturising and glossing agents and makes your lips flush a natural rosy colour without lipstick.

MOLTON BROWN'S WONDER LIPS BOOSTER, £24, www.molton-brown.co.uk

This night therapy provides 24-hour care for lips but the shimmer finish also makes it suitable for day wear. The secret ingredient is Maxi-Lip™, a natural complex that stimulates lips to produce their own collagen. With wild mango butter and vitamin E, the enriching formula is said to plump up the volume, fill out fine lines and smooth and improve definition.

uth, this procedure can help patients to look anger as lips, particularly the top one, diminish as part of the ageing process. Prices vary depending on which product is used and who carries out the procedure, but range from £270 to £300 for a syringe of Restylane. Price shouldn't be a major factor in choosing a practitioner, though, as personal recommendation usually the best. Light swelling is common, usually lasting from 48 hours depending on individual reaction,

and there is sometimes bruising, though this should be minimal.

Frances adds: "It's up to the patient but personally I prefer to use a local anaesthetic to numb the patient before I start administering the product.

Swelling

"The lips, particularly the top one, are very sensitive and injections in this area can be unpleasant.

"There's some debate on this as the anaesthetic can cause a little swelling in itself but this will quickly go down afterwards and I think the patient's comfort

should be a major priority. I've also found that using anaesthetic seems to minimise the amount of post-treatment bruising.

"As a practitioner our goal is to keep any discomfort or tell-tale signs down to the minimum.

"At City Skinklinik we offer treatment by either a nurse or doctor as it's very much an individual choice."

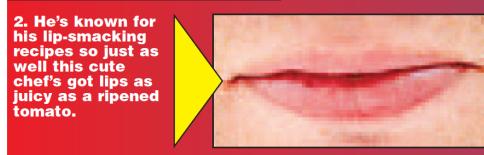
For lip enhancement and a host of treatments for both face and body, contact City Skinklinik on 0870 7513870 or visit www.cityskinklinik.co.uk

Just match the pout to the personality...

DO OUR LIP-SMACKIN' QUIZ



1. Probably the most famous pillow lips in showbiz, these days the Hollywood hottie is locking those beautiful lips with Brad Pitt.



2. He's known for his lip-smacking recipes so just as well this cute chef's got lips as juicy as a ripened tomato.



3. This spicy lady might be known for her love of the fickle world of fashion, yet her pouty expression rarely changes.



4. In Pride and Prejudice the director apparently ordered her to keep the pouting down but the bee-stung beauty really can't seem to help herself.



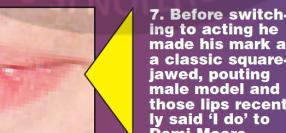
5. This towering Ashes hero is a world-class all-rounder and the lovely Lancastrian is certainly high up the batting order when it comes to his effortless pout.



6. Who wouldn't mind a little time travelling with this luscious-lipped pop star turned actress?



7. Before switching to acting he made his mark as a classic square-jawed, pouting male model and those lips recently said 'I do' to Demi Moore.



8. This Brit babe will always be remembered for her ample assets in 'that dress' but her lips are more than adequate too.

1) Agelena Jolie; 2) Jamie Oliver; 3) Victoria Beckham; 4) Elizabeth Hurley; 5) Victoria Pendleton; 6) Billie Piper; 7) Elizabeth Hurley; 8) Elizabeth Hurley; 9) Agelena Jolie; 10) Elizabeth Hurley; 11) Agelena Jolie; 12) Elizabeth Hurley; 13) Agelena Jolie; 14) Victoria Pendleton; 15) Agelena Jolie; 16) Elizabeth Hurley; 17) Agelena Jolie; 18) Elizabeth Hurley; 19) Agelena Jolie; 20) Elizabeth Hurley; 21) Agelena Jolie; 22) Elizabeth Hurley; 23) Agelena Jolie; 24) Elizabeth Hurley; 25) Agelena Jolie; 26) Elizabeth Hurley; 27) Agelena Jolie; 28) Elizabeth Hurley; 29) Agelena Jolie; 30) Elizabeth Hurley; 31) Agelena Jolie; 32) Elizabeth Hurley; 33) Agelena Jolie; 34) Elizabeth Hurley; 35) Agelena Jolie; 36) Elizabeth Hurley; 37) Agelena Jolie; 38) Elizabeth Hurley; 39) Agelena Jolie; 40) Elizabeth Hurley; 41) Agelena Jolie; 42) Elizabeth Hurley; 43) Agelena Jolie; 44) Elizabeth Hurley; 45) Agelena Jolie; 46) Elizabeth Hurley; 47) Agelena Jolie; 48) Elizabeth Hurley; 49) Agelena Jolie; 50) Elizabeth Hurley; 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NEW DIET & FITNESS

DANCIN' CHEF JAMES MARTIN'S SNACK DIET

BOXING Clever



IT'S four weeks to Christmas and chances are that your bank balance is getting smaller while your waistline's getting bigger. The festive season plays havoc with your finances, not to mention your weight.

According to new research, our café latte lifestyle costs us a whopping £4,000 a year. All those coffees, pre-packed sandwiches and afternoon treats can add up to more than £15 a day for the average worker.

Keith Tondeur of www.moneybasics.co.uk, which commissioned the survey, says: "Grabbing a sandwich and a coffee is part of our busy work culture but this lifestyle eats up hard-earned cash that could

be better spent. Even the daily cup of coffee can add up to a significant amount over a month. A few simple changes can help us to eat better and save money."

With that in mind, KATE JACKSON asked celebrity chef and Strictly Come Dancing star James Martin, 33, to devise some interesting, cheap and healthy ideas for your lunchbox.

James has lost two stone on Strictly Come Dancing and it's all down to healthy eating and exercise. His lunch recipes, which include three of your five portions of fruit and veg for the day, will help you shift the pounds and save the pennies in time for a merry Christmas.



Picture: HUMPHREY NEMAR



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Orange and carrot salad

2 fresh carrots
1 large bunch watercress
2 medium oranges, peeled and cut into segments
50g pitted black olives
50g feta cheese
Dressing:
2 tbs honey
2 tbs olive oil
1 tbs white wine vinegar
1 tbs grain mustard
pinch ground pepper

1. Wash and peel the carrots into strips and place in a bowl.
2. Arrange the watercress and orange segments on a plate with carrot strips.
3. Scatter olives and crumble feta on top.
4. Mix together dressing ingredients and drizzle over salad.

Grilled leek pie

1 small leek, cut into 1cm slices
2 tbs olive oil
1 handful fresh watercress
1 sheet ready-rolled puff pastry
1 piece mozzarella cheese
1 small courgette, sliced and grilled
1 tbs pesto
1 red pepper, cut into quarters and grilled
1 egg beaten

1. Cook the leeks in olive oil for about 5 mins. Add the watercress, and seasoning and allow to cool.
2. Heat oven to 200C/392F/gas mark

TIPS

FOR a healthier, cheaper lunch...

- Swap cans of coke for water
- Make your own sandwiches. Pre-packed sarnies cost about £2.50, while home-made ones average 60p. They also contain less fat.
- Add a Vie Shot to your lunchbox, at just £1.89 for three, these fruit and veg drinks can supply one of your daily fruit portions.
- Cook your dinner from scratch and you could save £2.50 a day. Most ready meals cost around £4 each, while whipping up your own feast can cost around £1.50.
- Keep a jar of instant coffee at work. It'll cost around the same as just one latte.

Spicy Aubergine

(With chicken, chickpea salad)

1 small aubergine, cubed
1/4 garlic clove
1/2 tsp grated ginger
2 spring onions, cut into 2cm batons
100g tinned chickpeas, drained and rinsed
100ml vegetable stock
1 tbs light soy sauce
20g ready-to-eat prunes, halved
1/2 tsp cornflour (mix with water to make a paste)
125g cooked chicken breast
1/4 red chilli, de-seeded and finely sliced
4 pieces sundried tomato
sprig of fresh basil
1. Toss the aubergine cubes in vegetable oil in a baking tray and grill for 10-15 minutes, until lightly charred. Turn occasionally.
2. Heat some sesame oil in a wok, add ginger and spring onions, cook for 5 mins. Add the aubergine, chickpeas, stock and soy sauce and bring to boil.
3. Add the prunes and cook for 5 mins. Add cornflour paste to thicken. Pour mixture into your lunchbox and place the chicken on top. Sprinkle with chilli, sundried tomatoes and basil.

NG BETTER THAN EVER AS SHE RETURNS TO WORK

ack in business

By KATE JACKSON

IT'S business as usual for troubled supermodel Kate Moss.

The shamed star looked happy as she showed off her fantastic figure at a photoshoot for luxury jewellery on a beach in the West Indies.

And Kate took full advantage of the spectacular views on the island of Saint Barthélémy – by taking snaps for her own photo album.

The 31-year-old beauty, who was exposed as a cocaine addict in September, is back on fine form after spending a month in rehab.

Before her stay at The Meadows in Arizona, Kate was pictured looking gaunt and spotty.

She reportedly put on 7lbs during rehab, but the extra weight has only improved her curves.

The supermodel smiles as she puffs on a cigarette. And the only Coke on show is in a glass!

The Croydon lass was dropped by a string of top brands after pictures of her snorting cocaine were published. But now it looks like she has got her career back on track.

She appears topless in next year's Pirelli calendar and has recently shot a range of photos for Italian designer Roberto Cavalli, 65.

Range

Burberry's creative director Christopher Bailey, 34, rubbish reports they had ever dropped Kate from their campaigns.

And sources revealed yesterday that Kate is set to be the new face of Virgin Mobile.

The megabucks deal will be her first new contract since the pictures of her taking cocaine at the recording studios of her then boyfriend, Babyshambles frontman Pete Doherty, 26.

Last night, Virgin refused to talk about the negotiations, said to be "at an advanced stage".

But a source close to the model said: "It's good that people are starting to value her again."

Looking as good as this, we reckon Kate's going to be valued for quite some time.

And to show she really is recovering from the scandal, she is planning a "mothers and girls" detox holiday in Thailand this Christmas.

While her ex Doherty was said to be pledging to go into rehab to win her back, Kate will toast the New Year in with a cup of herbal tea at a £500-a-day detox spa.

Kate, her three-year-old tot Lila, best friend Sadie Frost, 38, and her daughter Iris, five, will be at the exotic destination from Boxing Day until January 6.

A source revealed: "Kate's big worry is how to keep herself clean over Christmas and New Year. So while everyone is partying she's focusing on her health and being a devoted mother."



BBC One

6.00 Breakfast (T) 23888526
9.15 Animal Park (T) 7684897
10.00 Homes Under The Hammer Properties in Derby, east London and Wiltshire. (T) Followed by BBC News, (T) Weather 30149
11.00 Foreign Exchange Shopping in Turin, (R,T) Followed by BBC News, (T) Weather 9615410
11.45 Bargain Hunt (R,T) 614120
12.15 Cash In The Attic Raising funds for a family reunion. (T) 3371859
1.00 BBC News, (T) Weather 14101
1.30 Local News, (T) Weather 41761014
1.40 Neighbours (T) 54761491
2.05 Doctors An elderly Alzheimer's sufferer is found in her old house by the present owner. (T) 15801439
2.35 Diagnosis Murder Part one of two. Steve falls in love. (R,T) 5126965
3.20 BBC News, (T) Local News, Weather 1691014
3.25 CBBC: Lazy Town (R,T) 3379385 3.50 Pinky And The Brain (T) 9478052 4.10 Jackie Chan Adventures (T) 1281830 4.30 Patrick's Planet (T) 762 5.00 Big Peter. A visit to Vermont. (T) 7987120
5.25 Newsround (T) 7480217
5.35 Neighbours (R,T) 564897
6.00 BBC News (T) 255
6.30 Local News Programmes, (T) Weather 507



HONEY WE'RE KILLING THE KIDS: Expert Kris Murrin helps parents change their children's future, 7pm

7 PM

7.00 Honey We're Killing The Kids New series. Child psychologist Kris Murrin presents a shocking vision of what an overweight seven-year-old will look like at 40. She works with his parents to try to overhaul the family's lifestyle. (T) 6255



SCANDAL: Incidents that have made the news for all the wrong reasons, 9.50pm

8 PM

8.00 What Not To Wear - Have They Remembered? New series in which the stylists pounce on past subjects. They hope to discover whether the women have stuck to their strict set of rules. (T) 2675



MECHANNIBALS: Two families compete to build machines capable of exercising, feeding and washing dogs. (T) 8507

9 PM

9.00 Life In The Undergrowth New series. David Attenborough tells the story of the invertebrates that left the sea to move on to land 400 million years ago. They have since become the most adaptable animals. (T) 2439



ROUGH SCIENCE: The team are looking a little dishevelled so they are put on the hygiene trail. (T) 753

10 PM

10.00 BBC News (T) 55323
10.30 Local News, (T) Weather 109694
10.35 The National Lottery: Midweek Draws (T) 108965
10.40 Imagine: Elgar And The Missing Concerto New series. The composer's unfinished piano concerto. (T) 624323



NATURAL WORLD: Documentary capturing the spectacular wildlife of Cuba, home to the bee hummingbird and giant iguanas. (T) 886149

11 PM

11.25 Imagine: Elgar - Piano Concerto World TV premiere performance. (T) Followed by Lottery Update 674588



OWLS AND THE ORCHARD: A year in the life of a pair of little owls. (T) 381014

12 midnight

12.00 FILM: Plaza Suite 1971 (PG) Comedy, starring Walter Matthau. (T) 59008 2.00 Sign Zone: One Life (R,T) 7633298 2.40 Sign Zone: Garden School (R,T) 9294453 3.10 Sign Zone: Coast (R,T) 8021298
4.10 Sign Zone: Spending Other People's Money (R,T) 51964057
4.40-6.00 BBC News 24 2464811



WHAT THE ROMANS DID FOR US: Adam Hart-Davis reveals how the Romans built towns and cities. (R,T) 750149

(T) TELETEXT SUBTITLES (R) REPEAT

BBC Two

6.00 Close 61168 7.00 CBBC: Looney Tunes (R,T) 5865878 7.05 Jakers! The Adventures Of Piggle Winks (R,T) 689494 7.30 The Stables (R,T) 7041168 7.55 Newsround (T) 2392878
8.00 The Really Wild Show (R,T) 597149
8.30 CBeebies: Birthdays 3703120 8.35 Lazy Town (R,T) 5250149 9.00 Pingu (R) 1868762 9.05 Clifford's Puppy Days (R,T) 3811507 9.25 Something Special (R,T) 6405138 9.40 Tweenies (R,T) 4659859 10.00 FILM: A Boy Named Charlie Brown 1969 (U) Animated adventure, with the voice of Peter Robbins. (T) 57588
11.30 The Daily Politics Prime Minister's Questions. (T) 60236
1.00 Perfect Holiday (R,T) 12743
1.30 Working Lunch (T) 77033
2.00 Lifeline (T) 52952472
2.10 Timewatch (R,T) 8859217
3.00 Castle In The Country A ghostly tour of York. (T) 6526
3.30 Thoroughly Modern Medic The trainee doctors encounter scurvy and parasites. (T) 21781
4.30 Ready, Steady, Cook Ainsley Harriott presents. (T) 1963588
5.15 Weakest Link Quiz, hosted by Anne Robinson. (T) 975323
6.00 Eggheads Quiz show hosted by Dermot Murnaghan. (T) 897
6.30 Strictly Come Dancing - It Takes Two Fazanne devoted to the ballroom dancing show. (T) 149



SCANDAL: Incidents that have made the news for all the wrong reasons, 9.50pm

7 PM

7.00 Honey We're Killing The Kids New series. Child psychologist Kris Murrin presents a shocking vision of what an overweight seven-year-old will look like at 40. She works with his parents to try to overhaul the family's lifestyle. (T) 6255



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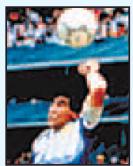
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4.40-6.00 BBC News 24 2464811

(T) TELETEXT SUBTITLES (R) REPEAT

ITV1

5.30 ITV News (T) 81410
6.00 GMTV (T) 5466746
9.25 The Jeremy Kyle Show Talk show. (T) 7348323
10.30 This Morning Alan Whicker talks about his experiences of World War Two, Gino D'Acampo takes part in a cookery marathon and it's the final of Britain's Craftiest. (T) 34946
12.00 This Morning - I'm A Celebrity Special (T) 49762
12.30 ITV News (T) 96507
1.30 Today With Des And Mel G4, Lesley Garrett and Gloria Hunniford guest. (T) 97236
2.30 Our New Life In Everwood Andy is offered the lead in The King and I, while Ephram's feelings for Amy are complicated by Colin's desire to be his friend. (T) 58491
3.29 Local Weather 1618781
3.30 CITV: Pocoyo (R,T) 9330656
3.40 Mr Bean: The Animated Series (R) 9343120 3.55 Potatoes And Dragons (R,T) 495762 4.05 Art Attack (T) 2409168 4.30 My Parents Are Aliens (T) 830
5.00 The Paul O'Grady Show The comedian joined by John Challis and Sue Holderness, best known as Boycie and Marlene in Only Fools and Horses. Plus, Will Young chats and performs live. (T) 4304
6.00 Local News, (T) Weather 323
6.30 ITV News, (T) Weather 675



I'M A CELEBRITY... GET ME OUT OF HERE!: Sheree Murphy is stuck in the jungle, 9pm

7 PM

7.00 Honey We're Killing The Kids New series. Child psychologist Kris Murrin presents a shocking vision of what an overweight seven-year-old will look like at 40. She works with his parents to try to overhaul the family's lifestyle. (T) 6255



EMMERDALE: Nicola admits to Emily that she fancies Ivan and Pollard is horrified when the Dingles arrive in Spain (T) 5033

8 PM

8.00 Natural World Documentary capturing the spectacular wildlife of Cuba, home to the bee hummingbird and giant iguanas. (T) 886149



CORONATION STREET: Sunita's rushed to hospital with stomach pains. (T) 859

9 PM

9.00 I'm A Celebrity... Get Me Out Of Here! Ant and Dec present the fifth series of the celebrity challenge. Among the competitors this time are David Dickinson, Elaine Lordan, Carol Thatcher, Jimmy Osmond and Sheree Murphy. (T) 7507



THE BILL: Neil Manson returns to Sun Hill to work on the murder of a gay man. Lance Powell teams up with Laura Bryant to investigate a spate of robberies for which the local vicar is chief suspect. (T) 7743

10 PM

10.00 Coronation Street Violet finally discovers Charlie's not the only two-timing builder in Weatherfield as an angry Sarah turns up on Jason's doorstep. (T) 40491



ITV NEWS, (T) Weather 66439

11 PM

11.00 Tarrant On TV An unusual Korean game show. (R,T) 2781



ORANGE PLAYLIST: Jayne Middlemiss is joined by Al Murray, comedian and presenter of late-night quiz Fact Hunt. (T) 93120

12 midnight

12.00 I'm A Celebrity... Get Me Out Of Here! Live Followed by ITV News 44076 2.00 Cduk Hotshots (T) 1342076 2.25 FILM: Rear Window 1954 (PG) Stylish Hitchcock thriller, starring James Stewart. (T) Followed by ITV News 285124 4.20-5.30 ITV Nightscreen 2724873



DOWNTIME: Drama, starring Paul McGann. (T) 297328 1.50 Freesports On 4 4207927 2.20 FIVB World Beach Volleyball 7615960 3.15 World Cup Skiing 690453 5.05-5.50 Countdown (T) 7452163

(T) TELETEXT SUBTITLES (R) REPEAT

Channel 4

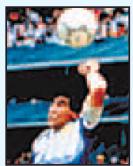
6.00 Cubeez (R,T) 5613014
6.10 The Hoobs (R,T) 260255
6.35 The Hoobs (R,T) 3355897
7.00 B4 48168
7.30 Friends (R,T) 27675
8.00 Just Shoot Me (T) 2397323
8.25 Will & Grace (R,T) 3710033
8.50 Frasier (R,T) 7196946
9.20 My Eden (R,T) 1864946
9.30 The Deadly Knowledge Show (T) 8161781
9.55 The Big Squeeze (T) 4656762
10.20 Freshly Squeezed Sketch show. (T) 2893897
10.45 Deadsville (R,T) 1179323
11.10 Waking Up Wakey Campers The Thompson family crack under pressure. (R,T) 9695656
12.00 News At Noon (T) 47304
12.30 Ed (T) 9178120
1.20 House Auction (T) 62231472
1.50 FILM: Million Dollar Murder 2005 (PG) Premiere. Drama, starring Poppy Montgomery. (T) 31817120
3.30 Countdown With Jan Ravens in Dictionary Corner. (T) 2727507
4.15 Deal Or No Deal Game show with Noel Edmonds. (T) 3409323
5.00 Richard & Judy Rosamund Pike talks about her role in the new fantasy film Doom. (T) 2946
6.00 The Simpsons Homer recalls Maggie's birth. (R,T) 965
6.30 Hollyoaks Justin returns to school. (T) 217



LOST: Michael gets involved when Jin and Sun have an argument, 10pm

7 PM

7.00 Channel 4 News Including sport and weather. (T) 839965



3 MINUTE WONDER: BULLY 4 U The story of a single mother who struggled to support her two bullied children. (T) 437472

8 PM

8.00 The View From River Cottage Hugh Fearnley-Whittingstall reflects on his fun and feasting ethos. (T) 2323



JAMIE'S GREAT ESCAPE Jamie Oliver celebrates his 30th birthday on the Amalfi coast. (T) 1830

9 PM

9.00 Grand Designs Revisited An update on a couple who built a minimalist house out of concrete and glass two years ago. They pursued their dream despite having little money and even less building experience. (T) 5149



LOST: Michael and Walt continue to work on the raft, but are distracted by an argument between Jin and Sun on the beach, and the situation deteriorates even further when the makeshift boat is set on fire. (T) 9739236

10 PM

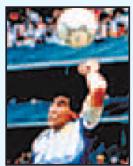
10.05 Eminem Video Exclusive The singer's new single. 823897



11.00 Dispatches The stories of terror suspects subjected to torture. (T) 988168

11 PM

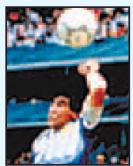
11.00 The Real CSI Series focusing on the work of forensic detectives in Las Vegas. (R,T) 6003255



THE GADGET SHOW Suzi Perry explores a fully automated house. (R,T) 8187675

12 midnight

12.25 NASCAR 6076182 1.15 ITU Triathlon 9970796 2.05 Golf 6887076 2.55 NASCAR 4852796 3.45 Race And Rally UK 78657927 4.10 Argentinian Football Highlights 69884250 4.40-6.00 Argentinian Football 34365328

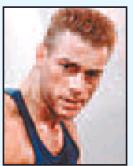


DOWNTIME: Drama, starring Paul McGann. (T) 297328 1.50 Freesports On 4 4207927 2.20 FIVB World Beach Volleyball 7615960 3.15 World Cup Skiing 690453 5.05-5.50 Countdown (T) 7452163

(T) TELETEXT SUBTITLES (R) REPEAT

Five

6.00 Milkshake! Titch (R) 53822472 6.10 Old Bear Stories (R) 53846052 6.20 Rolie Polie Olie (R) 41670255 6.50 Hi-5 (R,T) 6854743
7.25 The Adventures Of Bottle Top Bill And His Best Friend Corky (R) 8478156 7.45 Make Way For Noddy (R) 1772781 8.00 Fifi And The Flowerpot (R) 2083439 8.20 Peppa Pig (R) 3994762 8.30 Roobarb And Custard Too (T) 8212385 8.40 Miss Spider's Sunny Patch Friends (R) 8236965 8.50 Bird Bath (R) 8232149
9.00 Softies (R) 2477743 9.05 Franny's Feed (R) 6574235 9.15 MechaNick (R) 6563120
9.25 The Wright Stuff With Gyles Brandreth. (R,T) 9365101
10.30 Trisha Goddard (T) 3777101
11.30 Five News (T) 608975
12.00 Home And Away Sally comes under investigation. (R,T) 6795014
12.30 Brain Teaser Quiz 3788217
1.30 FILM: Trial By Media 2000 (PG) Premiere. Satirical drama, starring Christine Lahti. (T) 25512217
3.25 Five News Update (T) 8457052
3.30 FILM: Kojak: The Belarussian (R) 1814140
6.00 Home And Away (T) 8148323
6.30 Family Affairs Gary loses his temper with Chloe. (T) 8139675



STREET FIGHTER: Video game to film translation with Jean-Claude Van Damme, 9pm

7 PM

7.00 Five News, (T) Weather 5000236



DEEP BLUE: OCTOPUS Documentary exploring the world of the octopus. (T) Followed by Five News Update. (T) 3757491

8 PM

8.00 Commando VIP The aspiring recruits try to find and destroy an enemy missile in their final challenge. (T) 2401217



DUMBER AND DUMBEREST Caught-on-camera clips. Last in series. (T) Followed by Five News At 9. (T) 2413052

9 PM

9.00 FILM: Street Fighter 1994 (12) Jean-Claude Van Damme heads the cast as a mighty-muscled urban warrior who forms a band of vigilantes (including Ming Na, Rosanna Seth and Kylie Minogue) to rid the world of evil and injustice – beginning with an insane dictator holding a group of people hostage. Including Five News Update at 9.55. (T) 5588912



REAL CSI Series focusing on the work of forensic detectives in Las Vegas. (R,T) 6003255

10 PM

11.00 The Gadget Show Suzi Perry explores a fully automated house. (R,T) 8187675



12.25 NASCAR 6076182 1.15 ITU Triathlon 9970796 2.05 Golf 6887076 2.55 NASCAR 4852796 3.45 Race And Rally UK 78657927 4.10 Argentinian Football Highlights 69884250 4.40-6.00 Argentinian Football 34365328

(T) TELETEXT SUBTITLES (R) REPEAT

Sky One

5.10 **Pokemon** (R) 2695781
5.35 **Stargate: Infinity** Draga discovers aliens. (R,T) 9314897
6.00 **Pokemon** (R) 11675
6.30 **Stargate: Infinity** (R,T) 24014
7.00 **Yu-Gi-Oh!** (R) 75236
7.30 **Zoids** (R) 54743
8.00 **The Dog Whisperer** (R) 97323
8.30 **Entertainment Tonight US** Entertainment news. (R) 96694
9.00 **Taste** (R) 20323
10.00 **Buffy The Vampire Slayer** Buffy investigates when the Master's remains go missing. (R,T) 83255
11.00 **Relic Hunter** (R) 63491
12.00 **The Dog Whisperer** A golden retriever with a fiery temper. 90410
12.30 **Cruise With Stelios** Life aboard easyCruiseOne. (R) 30526
1.00 **Taste** Food programme, hosted by Beverley Turner. 28781
2.00 **Law & Order** A private detective is murdered. (R) 49323
3.00 **Buffy The Vampire Slayer** A deceased teenager is brought back to life. (R,T) 20675
4.00 **Relic Hunter** Syd searches for an evil doll. (R,T) 32410
5.00 **Star Trek: Voyager** The crew of a time ship from the future recruit Seven of Nine. (R,T) 8762
6.00 **Futurama** (R,T) 7526
6.30 **Malcolm In The Middle** Lois dreams of what life would be like if she had daughters. (R,T) 8878



EVENT HORIZON:
Laurence Fishburne stars as Captain Miller, 10pm

7.00 The Simpsons Simon Cowell guest stars as the sharp-tongued administrator of a nursery. (R,T) 9491
7.30 The Simpsons Lisa becomes self-conscious about her weight when the kids start mocking her. (R,T) 7762
8.00 Stargate Atlantis McKay discovers a potent source of energy based on ancient technology, which he believes he can harness and put to profitable use. 65236

9.00 Threshold Molly fears another group of humans have become infected with the virus, possibly sending them all out on a killing spree. 45472

10.00 FILM: Event Horizon 1997 (18) Special effects-laden sci-fi chiller about a salvage crew's investigation into mysterious goings-on aboard a hi-tech spaceship. Laurence Fishburne and Sam Neill star. (T) 657762

11.45 Star Trek: Voyager The crew of a time ship from the future recruit Seven of Nine in an effort to prevent the destruction of Voyager. (R,T) 829385

12.45 Fear Factor (R,T) 760502
1.45 Law & Order (R) 8289250
2.35 **Alias** (R,T) 3206569 3.30 Entertainment Tonight US
4.26 **44873 3.55** Gamezville (R)
6467786 4.45 Zoids (R) 76274960



HOLA: Emmerdale, ITV1, 7pm

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

****"Don't miss it"
 ***"Good" **"Average"
 **"Time filler" *"Garbage!"

■ A BOY NAMED CHARLIE BROWN (1969) *** BBC-2 10.00-11.30am. Children's cartoon feature, Charlie Brown, hero of the classic comic strip Peanuts, looks like finally becoming a success. Voices: Peter Robbins. Pamelyn Ferdin.

■ TRIAL BY MEDIA (TVM, 2000) **** Five 1.30-3.25pm. Satire. When prominent medical officer Christine Lahti decides to run for the prestigious post of American Surgeon General she runs into trouble from her past.

■ MILLION DOLLAR MURDER (TVM, 2005) *** C4 1.50-3.30pm. Fact-based drama. A woman's happily married life crumbles when she succumbs to mental illness. Starring Poppy Montgomery.

■ KOJAK: THE BELARUS FILE (TVM, 1985) *** Five 3.30-5.30pm. Thriller. New York police lieutenant Telly Savalas investigates the murders of Russian WW2 Nazi concentration camp survivors.

■ STREET FIGHTER (1994) *** Five 9.00-11.00pm. Futuristic action based on a video game. Urban warrior Jean-Claude Van Damme recruits a squad of vigilantes to fight evil and injustice.

■ PLAZA SUITE (1971) **** BBC1 midnight-2.00am. Neil Simon comedy. Three comic fables set in the same luxury New York hotel suite starring Walter Matthau who appears as a different character in each.

■ DOWNTIME (1997) * C4 12.10-1.50am. Thoughtful melodrama. Police psychiatrist Paul McGann finds himself drawn to the suicidal woman he saves.

■ REAR WINDOW (1954) **** ITV 2.25-4.20am. Alfred Hitchcock thriller. Wheelchair-bound photographer James Stewart thinks he witnesses a murder from his apartment window. Also starring Grace Kelly.

REGIONAL VARIATIONS

BBC1 Variations WALES: 6.30-7.00 Regional News 507

11.40 **Hill House** 19/694 10.10 **Intergalactic** **Elgar** And the Missing Concerto 21/1033 11.15 **Imagines** **Elgar** Piano Concerto 27/0946 12.30 **Film: Plaza Suite** 54/960 2.30 **Close**

BBC2 Variations WALES: 11.30-1.00 AMPM 60236

ITV1 Variations (ITV1 ANGLIA: 3.29-3.30 Anglia Weather 16/18781 6.00-6.30 Local News 323 ITV1 CENTRAL: 3.29-3.30 Local Weather 16/18781 6.00-6.30 Regional News 323 ITV1 MERIDIAN: 3.29-3.30 Meridian Weather 16/18781 6.00-6.30 Local News 323 ITV1 CHANNEL: 1.20-1.30 Puffin's Place: Including cartoons with Jessie, Royal Baby 22/1217 6.00-6.30 **Local Weather** 74/908 6.30-6.30 **Weather Watch** The memories associated with food. 27/1232 10.50-11.00 **Electon 2005**: Coverage of the Jersey Deputy elections. 10/3410 **ITV1 WEST: 3.29-3.30** ITV West Weather 16/18781 6.00-6.30 Local News 323 **11.00-11.30** Brief Encounters 2781 **ITV1 WALES: 2.30** Crash Course 51/2762 3.15 **The Planet's Funniest Animals** 5.29-5.30 **ITV Wales Weather** 16/18781 6.00-6.30 **Local News** 323 **11.30-11.30** **It's My Show** 2/871 **ITV1 WESTCOUNTRY: 3.29-3.30** Westcountry Weather 16/18781 6.00-6.30 **Local News** 323

SAC As Channel 4 except: **6.50** Water Stories 564/2830 9.00 **Yspilon** Followed by Wakey Wakey Campers 31/0525 9.50 **The Deadly Knowledge Show** 59/63120 **10.15** **The Big Squeeze** 65/016694 **10.40** **Freshly Squeezed** 90/60323 **11.05** **Deadsville** 4/1808548 **11.30-12.00** **Bitterlicious** 5/0885965

12.30 **Planted Plant** **Bach** 6/6208978 **1.15** **Grudge Match** 3/0885965 **2.00** **It's My Show** 2/871 **Deal or No Deal** 19/765743 **3.15** **Countdown** 17/83168 **4.00-5.00** **Planted Plant** 8/0875588 **6.30** **Rownd A Rownd** 13/98781 **7.00** **Wedi 7** 8/1265507 **7.30** **Newyddion** 13/984965 **8.00** **Pobol Y Cwm** 9/5664656 **8.25** **Cwprwrd Dillad9.00** 04 Wal 8/0864742 **9.30** **Sie Gelf** 7/2361168 **10.00** **Jamie's Great Escape** 5/5262694 **10.30** **Lost** 4/477878 **11.30** **Make Me A Million** 9/7976052 **12.30** **Alien Worlds** 8/0865628 **1.35** **Film: Dil Chahta Hai** 9/3080569 **5.00** **Dhivedi**

MIKE WARD

WHAT'S HOT TO WATCH TODAY



is called **LIFE IN THE UNDERGROWTH** (BBC1, 9pm) and deals with invertebrates, ie. creatures without a spine (feel free to insert your own potentially libellous gag here). Some of these are insects so tiny they can only be seen in detail with the latest high-tech cameras, so it's a good job Atters flicked through his Innovations catalogue and treated himself to one.

■ **OVER** on BBC1, meanwhile, David Attenborough kicks off his latest nature series. This one

"Tell her!" she demands. "Tell her what's going on."

But there's no need, because Violet then joins him in the doorway – and quickly figures out the terrible truth. "You stupid cow!" Jason yells at Sarah. "Look what you've done and done now!"

He then rushes indoors to try to salvage his relationship, insisting that him and Sarah was just a one-off. But he's wasting his breath. "Don't lie to me," Violet cries. "I saw that performance. That is not the behaviour of some silly cow who's had a quick grope down a back alley. She's had seconds – and the rest."

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T-Mobile

Just Jane



JANE O'GORMAN SOLVES
YOUR PROBLEMS TODAY
... AND EVERY DAY

Mum
hates
my girl

MY dad died when I was 12 and my mum brought up me and my sister on her own.

Now I'm 19 and have been going out with my first really serious girlfriend for a few months but my mum and sister hate her.

They have been fine with girlfriends I have had before so I just can't understand it.

My girlfriend is very sweet and lovely and wouldn't do anything bad to anyone. But my mum and sister are trying to put me off her.

Stop

My sister says she's seen her with other blokes and my mum reckons she has been bad-mouthing me.

When my girlfriend comes to our house they ignore her and it's difficult because her parents are very welcoming to me.

It's not going to put me off her - I know none of it is true - but how can I stop them acting like this?

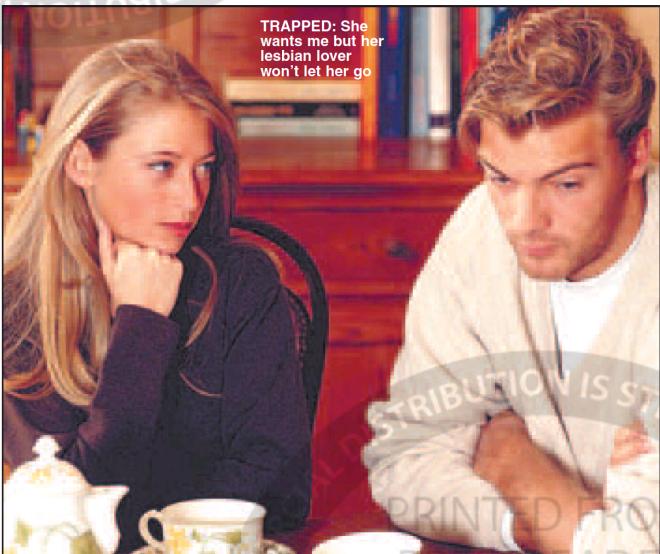
JANE SAYS: Your mum and sister are desperately worried that they are going to lose you.

You sound like a responsible son and brother who wouldn't drop his family just because he's in love, but their fear of it is making them vindictive.

You need to reassure them that just because you have a steady girlfriend it doesn't mean you care for them less, but if they carry on like this you will have to rethink where you live.

Suggest that if they don't mend their ways you might move in with your girlfriend and her nice parents.

EX IS STUCK WITH HER FEMALE LOVER



TRAPPED: She wants me but her lesbian lover won't let her go

I HAD been living with my girlfriend for three years until she got too close to a woman she worked with.

We'd been talking about getting engaged and having a family and then one day she broke the news that she was leaving me for her colleague.

She said that they were in love and she wanted to be in a relationship with someone she felt knew her and understood her.

I was astonished because I'd always felt that we were very close and I didn't think she'd have made the plans we had for our future together if we weren't.

I didn't beg her to stay because I reckoned that once she'd been with this woman for a few months she'd realise she'd made a mistake and come home.

When she left she didn't take any of her things apart from clothes, and then the other day she texted me and said she needed her CDs.

When she turned up I was shocked by the way she looked.

It's only been three months, but she's lost loads of weight and looked

terrible. We had a coffee and it all came pouring out.

It seems this woman is now her boss and my girlfriend fears that she'll lose her job if she moves out.

I told her that it didn't matter and I'd support her, but she seems too scared to make the move.

How can I rescue her?

Witch has cast spell on her

JANE SAYS: Your girlfriend is in a very difficult situation, but the decision to leave her controlling lover has to be hers.

You've told her that you'll support her so let that sink in and hopefully she'll see sense and leave this bully.

I'm sure you want to ride up on your white horse and rescue her from the dragon, but if you do that you risk alienating her because you'll put her in a position of making a choice in front of her lover.

And as that lover has her in her power she will feel forced to choose her rather than you.

All you can really do is let her know you are there for her.

Perhaps texting her and letting her know you will be as supportive as you can will be give her the courage to leave.

Even speaking to any friends she's got may be worth it as they could perhaps pass any messages on.

But don't pester her as you then run the risk of pushing her towards the dragon.

Fella's turned nasty

MY boyfriend has told me that if I don't have sex with him when and how he demands it he will be rude and nasty to me, my family and my friends.

I couldn't believe he'd do this so I tested him and he was vile to my friend and her fella.

It was the most embarrassing night I've ever had because we were out having a meal and he told my friend he thought she was a cheap slapper and her bloke was thick.

He made a huge scene with a

waitress when he put his hand up her skirt.

I was in tears, but when we got home he said I should imagine how that would go down with my parents and I'd better think twice about getting him what he wants again.

I do love him but I don't know what to do.

JANE SAYS: Your boyfriend is a nasty piece of work and I suggest you leave him right now.

You don't need this type of

behaviour. You might love him, but does he love you?

I think not or he wouldn't treat you with such little respect.

He is a control freak and will only get worse the deeper you get into this relationship.

You need to tell him his sexual blackmail won't work and he has two choices - start behaving like someone you want to be with, or you will leave him.

It might sound difficult, but you can live like this for the rest of your life.

I WANT MR RIGHT NOW

I'VE been through about 10 boyfriends and none of them is right for me.

It's all so frustrating.

I meet someone I think is wonderful and after a couple of months he turns into a nightmare.

It's happened time after time and I wonder if I'll ever meet Mr Right.

I've been told I have a great personality and I'm not bad looking with a sexy body, but I just don't know why I keep finding frogs instead of a prince.

JANE SAYS: You sound desperate to me, and I reckon that's the vibe you

boyfriends are getting. It could be that you are trying to make the guys you go out with into Mr Perfect, to change them to be your ideal guy. That doesn't ever work.

Maybe you're trying to move the relationships along too fast.

Whatever the reason for not finding your soul mate you need to calm down and view each guy as a friend before you take it a step further.

Relax and don't panic or you'll end up scaring away any potential boyfriends before you know whether they are right for you.

JANE'S ADVICE LINES

0905 062 2180

Coping With A Break-up

0905 062 2181

Finding The Perfect Partner

0905 062 2182

My Sex Life Is Boring

0905 062 2183

Boost Your Confidence

0905 062 2184

The Female Orgasm

0905 062 2185

My Partner Is Having An Affair

0905 062 2186

I'm So Lonely

0905 062 2187

Coping With Jealousy

0905 062 2188

Having Sex After A Baby

0905 062 2189

We Argue All The Time

0905 062 2190

Loving For The First Time

0905 062 2191

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(Calls cost 60p per minute from a BT landline)

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

SHE MUST GO

Day three

1 LUCY TAKES TIFF TO THE SPARE ROOM



2 BACK IN THE BEDROOM



3



4 THE BEDROOM DOOR OPENS



CONTINUES TOMORROW

Justin Toper**The DAILY STAR-gazer who knows your future****IF TODAY IS YOUR BIRTHDAY:**

You don't seem able to conform. And quite right, too. You'll also be given the kind of opportunities that give real meaning to your life.

Aries

(Mar 21–Apr 20)

A MEETING or visit may have already been organised. But it seems that the reluctance of others to take part, combined with your own reticence, could leave you disoriented. Despite that, you will be freed from certain constraints even if you have no sense of time or a place to go until Thursday. To see why there is so much more to see, call...

To receive daily texts
send DSAR1 to 63333

0905 072 0099 (01) *

Gemini

(May 22–June 22)

YOU can't help but notice that all those arrangements and partnerships are well and truly highlighted. Admittedly, what is planned or discussed is not that easy to understand or articulate. But you should have a much better awareness of what is going on in your life after today. To see why you will be smiling knowingly, call...

To receive daily texts
send DSGEM to 63333

0905 072 0099 (03) *

Leo

(July 24–Aug 23)

A TANTALISING link between the Sun and Mercury denotes that someone in your life will reveal themselves. In fact you simply had no idea how thin-skinned they were, or how long they had been agonising over you. All you have to do is tap into your own feelings today. To hear why the atmosphere will be highly romantic, call...

To receive daily texts
send DSOLE to 63333

0905 072 0099 (05) *

Libra

(Sep 24–Oct 23)

THIS is likely to be an eventful time when you finally get a sense of where you fit in. This might mean changing your plans because of your involvement with another or a different group. But there will be further talks that will provide more drama and make you listless. For some real encouragement, call...

To receive daily texts
send DSOLE to 63333

0905 072 0099 (07) *

Sagittarius

(Nov 23–Dec 21)

THE Sun in Sagittarius is close to Mercury – the planet that rules communication and the mind. Besides having to rethink a variety of issues, you are also inclined to shoot your mouth off or put your foot in it. Perhaps your views will be accepted totally. And you'd better hope that they are. To find out what you can expect, call...

To receive daily texts
send DSSAG to 63333

0905 072 0099 (09) *

Aquarius

(Jan 21–Feb 19)

PAST differences can be put aside and what happens next will provide you with light relief. Yet a friend is more sombre than you imagined. Perhaps you will glimpse them at a social event? Only you may not want to encroach, even though they may be screaming for attention. To find out what makes others tick, call...

To receive daily texts
send DSAQU to 63333

0905 072 0099 (11) *

* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day, eg text DSAR1 to 63333. You will be sent one new message daily. This is a subscription service – it will cost you 50p per day until you text your star sign's code followed by STOP, eg USARI STOP to 63333. For help call 0871 872 0112.

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